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HOUSEHOLD CALENDAR

Postscript on Eggs

A radio conversation between Miss Ruth Van Deman, Bureau of Home Economics, and Mr. Wallace Kadderly, Office of Information, broadcast Thursday, March 24, 1938, in the Department of Agriculture period of the National Farm and Home Hour, by the National Broadcasting Company and a network of 93 associate radio stations.

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APR 2 1938 ☆
U. S. Department of Agriculture

WALLACE KADDERLY:

Here we are in Washington. And starting as usual on Thursdays with home economics news. Also as usual your reporter is Ruth Van Deman. Ruth, I'm sorry I didn't get in on that conversation last week about sponge cake and angel food.

RUTH VAN DEMAN:

Well, you're here in time for the p. s.

KADDERLY:

The p. s.?

VAN DEMAN:

Yes, the postscript. I couldn't tell all in seven minutes.

KADDERLY:

And maybe not in six more today.

VAN DEMAN:

No, but I can answer one request. It came from Trumansburg, New York. On Lake Cayuga.

KADDERLY:

"Far above Cayuga's waters?"

VAN DEMAN:

Across the lake from Cornell - not very far as the crow flies.

KADDERLY:

By the way at Cornell and other State experiment stations -- and at the Government research center at Beltsville, Maryland too -- they're doing some very interesting work on the food value and quality of eggs.

VAN DEMAN:

Especially to increase the vitamin content. Yes, I know. That's one of the things our friend in New York State asked about, - vitamins and minerals.

KADDERLY:

Well, I've heard you say eggs are one of the top-notch "protective" foods.

VAN DEMAN:

That's right. If you look down through lists of foods rich in vitamins A, B, and G, you'll find eggs on every one. And on the vitamin D list too, provided the hens get plenty of vitamin D in their feed or from sunshine.

(over)

KADDERLY:

Sun-kissed hens and sun-kissed cows!

VAN DEMAN:

That's one way to put the vitamin D in their product.

KADDERLY:

And the minerals?

VAN DEMAN:

They're not exactly manufactured by the sun shining on the skin. But the hen manages through some process of physiological chemistry to pack her egg full of calcium and phosphorus and iron. The yolk particularly is one of our best iron-rich foods.

KADDERLY:

A good way to take the traditional spring tonic.

VAN DEMAN:

One of the very best. Especially when eggs are cheap and plentiful and high in quality as they are right now.

KADDERLY:

Ruth, what do you know about omelets?

VAN DEMAN:

Several things. What you want to know?

KADDERLY:

Should they be flat or should they be puffy?

VAN DEMAN:

That's all a matter of taste. Our leaflet "Eggs at any meal" tells how to make both kinds. The famous French omelets I believe are always flat.

KADDERLY:

What makes them so famous?

VAN DEMAN:

The French just naturally have the trick of cooking an omelet so it's tender, and of seasoning so it has interesting flavor.

KADDERLY:

There's nothing about that we can't duplicate, is there?

VAN DEMAN:

Nothing at all. It goes back of course to the science of cooking protein. If you do it gently with moderate heat, you have a tender product. If you turn on the heat full tilt, you shrink and harden the protein.

KADDERLY:

(And make it as tough as leather.)

VAN DEMAN:

Sometimes. And of course a smooth, heavy pan is ideal for cooking an omelet, because it helps to distribute the heat evenly.

KADDERLY:

How many eggs do you use when you make an omelet?

VAN DEMAN:

Plenty, Wallace. You know the old French proverb - "Omelettes are not made without breaking eggs."

KADDERLY:

Yes, but for a family size omelet, say.

VAN DEMAN:

At least six eggs. That is, about 1-1/2 per person. And if it's to be a fluffy omelet, beat the yolks and whites separately and fold the yolks into the white. Get that?

KADDERLY:

Sure -- Fold the yolks into the whites.

VAN DEMAN:

That's just the opposite of what many people do. But it keeps more of the bubbles in the whites from breaking and letting out the air.

KADDERLY:

Yes, I see that.

VAN DEMAN:

And if you want an omelet that's more certain to stand up and stay fluffy, add a half cup or so of thick white sauce to the yolks before the whites go in.

KADDERLY:

Is that quite sporting in omelet technique?

VAN DEMAN:

Oh yes. That just gives it more body. Some people call that a cream-sauce omelet. But if you want the flat kind ---

KADDERLY:

Like Madame Poulard's?

VAN DEMAN:

Madame Poulard of Mont Saint Michel. Yes. Just beat the yolks and whites all up together, and add for each egg a tablespoon of milk, or water she probably uses, and some fines herbes.

KADDERLY:

Fines herbes? Remember I'm just a plain man.

VAN DEMAN:

But I happen to know you like good food. Fines herbes just the French for chopped up chives and parsley or thyme or tarragon -whatever's showing green in your herb garden.

KADDERLY:

We've got some parsley, and we're going to have some spring onions.

VAN DEMAN:

Any of those green savory things will give an omelet a good flavor - either mixed in or cooked in butter and sprinkled over the top after it's folded and rolled out onto the hot platter.

KADDERLY:

Does it tell all that in your egg leaflet too?

VAN DEMAN:

It does, Wallace. But this postscript is getting rather long. Here's the leaflet. You can read it at your leisure. I'm leaving -

KADDERLY:

Thank you, Ruth, but don't go away in a huff and a puff. Your postscript's as full of sound household science as "an egg is of meat."

Now I'll quote number and title on this egg leaflet in case anyone would like to send for a copy. "Eggs at Any Meal," Leaflet 39 of the United States Department of Agriculture in Washington, D. C. "Eggs at Any Meal" - Miss Van Deman will send a copy to anyone who wants it. Leaflet 39.

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